



LifeWorks
@ Balfour Beatty Communities

March

Resident Events 2011

Every Tuesday ~ Stroller Walk 10:00 am – 11:00 am. Let's go on a stroll through the beautiful Beacon Beach Cove Neighborhood. Meet at the Balfour Beatty Community Center; don't forget your sunscreen, water bottle, and comfortable shoes.

Every Tuesday ~ Spouses Chat 11:30 am – 12:30 pm. Bring your lunch and join together with other spouses for camaraderie, conversation, sharing stories, ideas and resources. Military Family Life Consultant (MFLC) will be on hand at the Balfour Beatty Community Center.

Every Thursday ~ Zumba Fitness 5:30 pm – 6:30 pm. Ditch the workout and join the party for **FREE!** Melissa Cuevas (evening class), here at the Balfour Beatty Community Center.

2nd ~ Savings & Investing 5:00 pm -6:30 pm. How are your financial management skills? Do you have questions, wonder how to get started, or feel like something is missing in your skill set for money management? Join us at the Balfour Beatty Community Center. Presented by Certified Financial Planners™ Jim Harkey and Caleb Brown. For more info. Contact; Airman & Family Readiness at 850-283-4204. Pizza and drinks will be served and we will have a drawing for US Savings Bonds donated by Tyndall Federal Credit Union.

4th ~ Enlisted Spouses Coffee Break 9:00 am -10:00 am. Come meet with other spouses here on Tyndall at the Balfour Beatty Community Center. Coffee and light breakfast items will be provided. Feel free to bring your favorite breakfast dish to share. For more information log onto: www.esctyndall.webs.com The Tyndall Enlisted Spouses Club is open to **all spouses** of enlisted active duty, reserve, retired and civilian equivalents.

5th ~ Balfour Beatty Community Wide Yard Sale Set Up 7:00 am. Sale 8:00 am – 11:00 am. On the grassy area between Jefferson Ave. and Hwy 98 directly in front of Shoal Point Neighborhood. Contact Samantha at 850-286-1700 or e-mail shilton@bbcgrp.com to sign up.

7th ~ Tyndall Enlisted Spouses Meeting 6:00 pm – 8:00 pm. Please join us at the Balfour Beatty Community Centers we will play Bunko. For more information contact; Maureen Praeger at www.tyndallesc@gmail.com.

8th ~ Mom, Pops & Tots Quarterly Breakfast 9:30 am – 10:30 am. Join us at the Balfour Beatty Community for a delicious breakfast with fun playtime and socializing.

12th ~ FAST Self Defense Class 2:00 pm – 4:30 pm. FAST Self Defense voted the world's best self defense class by Black Belt Magazine, is now being offered at the Balfour Beatty Community Center and taught by Tyndall's own 325th Security Forces. The class is open to resident's **age 16 years old and above**. Space is limited; call Samantha at 286-1700 to reserve your spot today!

13th ~ Daylight Savings Time Begins – Set clocks ahead 1 hour. Don't forget to check the batteries in your Smoke and Carbon Monoxide Detectors.

15th ~ Story Time & Craft 10:30 – 11:30 am. Come join in the fun and make a St. Patrick's Day hand craft at the Balfour Beatty Community Center.

22nd ~ Community Huddle 11:00 am -12:00 pm. Don't miss out! Join us for **FREE** lunch at the Balfour Beatty Community Center.; we address topics and issues that are relevant to community building, preservation, and safety in a comfortable and relaxing atmosphere.

All Events are FREE to Residents!

Contact: Samantha Hilton, LifeWorks Coordinator at 850-286-1700

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